



# MAPLE CARROT SOUP

## INGREDIENTS

- 900 ml carton chicken broth
- 2 lb bag of baby carrots
- 2 tablespoons Long's Maple Syrup (a large dollop works well)
- 1 tablespoon Dijon mustard
- 2 tsp dried thyme
- 1 cup (250 ml) sour cream, preferably light

## INSTRUCTIONS

1. Place broth, carrots, maple syrup, Dijon and thyme in a large pot. Cover and bring to a boil over high heat, then reduce heat to medium. Cover and gently boil, stirring occasionally until very tender – about 30 minutes.
2. Ladle half into a food processor and puree until smooth. Pour into a large bowl, then puree the remaining soup.  
Return both batches to the pot. Soup is quite thick and you may need to add 250 ml of water
3. Reheat until hot. When hot stir in half the sour cream. Ladle soup into bowls and add a topping of sour cream.

**Note:** If making ahead, prepare steps 1 & 2. Store in a sealed container in the refrigerator for up to 5 days or freeze for up to 3 months. When ready to serve reheat and continue with step 3.